

## CLAIMS

005732-000033.CB.280512

- 5     1. A microwave cooking device comprising:  
            at least one first container defining at least one first volume for  
            holding a food product, the container including at least one venting  
            mechanism; and  
            a second container operatively coupled to the at least one first container,  
10     wherein the second container defines a second volume, the second container  
            including at least one venting mechanism;  
            wherein steam created by the cooking of the food product in the at least one  
            first container creates a first pressure treatment for the food product before venting  
            into the second volume defined by the second container, wherein the second  
15     volume creates a second pressure treatment for the food product as a result of  
            steam venting from the first container into the second container.
2. The device of claim 1, wherein the at least one first container is a first  
            receptacle.  
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3. The device of claim 2, wherein the second container is a second receptacle.
4. The device of claim 2, the first receptacle further including a peripheral edge.
- 25     5. The device of claim 4, wherein the at least one first volume is defined by  
            sealing a cover to the peripheral edge of the first receptacle.
6. The device of claim 2, wherein the second container encloses the first  
            receptacle.  
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7. The device of claim 3, wherein the second receptacle encloses the first  
            container.

8. The device of claim 1, wherein the at least one first container is a cup having an opening.
- 5 9. The device of claim 8, wherein the at least one first volume is defined by the cup and a cover sealed over the opening.
10. The device of claim 9, wherein the second container is an additional cover sealed over the opening of the cup.
- 10 11. The device of claim 1, wherein the second container is a box.
12. The device of claim 1, wherein the second container encloses the at least one first container.
- 15 13. The device of claim 1, wherein the at least one first container is a lower sealed portion of a cooking bag.
14. The device of claim 1, wherein the second container is a cooking bag.
- 20 15. The device of claim 1, having a plurality of first containers.
16. The device of claim 15, wherein the second container encloses all of the first containers.
- 25 17. The device of claim 1, wherein the at least one first container defines a plurality of separate volumes.
18. The device of claim 17, wherein the at least one first container is enclosed within the second container.
- 30 19. The device of claim 1, further including an insulating container.

20. A method for improving microwave cooking comprising:

providing a first container defining a first volume for holding food  
including at least one venting mechanism for enabling steam to exit the  
container;

- 5       providing a second container defining a second volume including at least  
one venting mechanism for enabling steam to exit the container; and  
arranging the first container and the second container to allow steam that  
escapes the first volume to enter the second volume.